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Tuesday, February 22, 2011  
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**BABY MAKES FOUR  
A GIRL FOR RUFUS,  
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BABY MAMA** {page 18}

**HEAD FOR THE SLOPES  
ALCOHOL-FREE BEER  
THE COOLEST NEW  
'SPORTS DRINK'** {page 14}



# TOMBOY JENNIFER LAWRENCE TALKS SPORTY

{page 18}



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Tuesday, February 22, 2011  
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News worth sharing.



**Boy. Joy**

► Theo Graci got some help taking steps on stilts from his brother, Ben, during Family Day fun in Churchill Square yesterday.

HEATHER MCINTYRE/METRO

## Family Day brings kids out to play

Family Day activities took over the Edmonton region yesterday, as families enjoyed indoor and outdoor activities at both Churchill Square and the legislature grounds, as well as multiple activities put on through a partnership between the Downtown Business Association and a number of downtown businesses. Admission to museums and historic sites were free all day, while others chose to get up close and personal with critters at the Edmonton Valley Zoo.

# Fear for Libyan kin

► Local Libyans outraged at ongoing genocide back home ► Protests attempt to weaken dictatorship of more than four decades

Ziad Ramadan was supposed to go to Libya last night, but the local family doctor's flight was cancelled.

His wife and 18-month-old daughter are currently visiting family in a country where anti-government protests have turned bloody.

"I did manage to contact them today," Ramadan said yesterday. "They're very scared and terrified."

He is considering booking another flight as he makes every effort — including dozens of phone calls — to get his family home safely.

"I'm hoping the Canadian government will do something to get the Canadians out of there," he said.

Leader Moammar Gadhafi's security forces have unleashed the bloodiest crackdown of any Arab country against the protests sweeping the region, which toppled leaders of Egypt and Tunisia.

"To Libyan people, (Gadhafi) is gone," said Abdel Elfourtia. "Now he wants to bring down as many people as possible with him."

Elfourtia, also a family doctor, left Libya for Canada 21 years ago and has been

### Support for protesters

- According to New York-based Human Rights Watch, at least 233 people have been killed, although the difficulty in getting information has made obtaining a precise death toll impossible.
- Nearly 200 people rallied in Edmonton's Churchill Square on Sunday in support of anti-government protesters in Libya.

living in Edmonton for nearly two.

He talked to one of his six brothers, who live in Misrata, yesterday for 45 seconds.

"He said casualties are on the streets and it's a chaotic scene, horrific scene," said Elfourtia. "It's a scene beyond belief."

Another one of Elfourtia's brothers was shot the day before yesterday, another had been captured and one of his friends was notified his nephew had been killed.

"I assure you every member (of the Libyan community) in Edmonton and Canada is affected by this," he said.

● HEATHER MCINTYRE  
WITH FILES FROM THE CANADIAN PRESS  
MORE COVERAGE, PAGE 6

### World record

## Ten-day hockey game

- World's longest hockey game ends in 2,090-2,010 score
- 40 players raise more than \$870,000 to benefit Edmonton cancer patients {page 4}

## Hair razing kids adventure

Mini-Mounties shear heads to help Kids with Cancer {page 5}

## Taking it to the sheets

260 days of marital sex, blogged by one Calgary duo {page 8}



# A **BREAK** THROUGH YEAR **CANADA'S HOTTEST MODELS** EDMONTON'S HOTTEST DEALS

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## School boards may unite for lobbying

Tonight the Edmonton Public School Board will consider joining the Catholic board in an effort to lobby the province for funding.

"It's about exploring the topic of parents fundraising," said trustee Heather Mackenzie. "Is it asking too much or should the province be kicking in more?"

The Catholic board decided last month to lobby to remove gambling money, raised through parent councils for hot lunches, equipment and field trips, and replace it with government dollars.

They are sending out postcards this week to area MLAs, said corporate secretary Andrea Klotz.

Mackenzie made a motion to consider similar advocacy, although it has not been moved to remove gambling funds from the public system.

● HEATHER MCINTYRE

## Sherman targets Alberta's top job

Former Tory MLA Raj Sherman wants to be the premier of Alberta.

Speaking in Medicine Hat over the weekend, Sherman indicated he would like to lead a party, but didn't specify which one. Sherman was ousted from the Progressive Conservative caucus last year for speaking out against the government in the wake of what he called an emergency room crisis.

The Tories, the Alberta Liberal Party and the Alberta Party are all searching for new leaders. ● METRO



► Geoff Linden of Credo Coffee, shown in front of his 104 Street venue, is in favour of a proposal being floated to shut the district off to traffic for special events.

# Bipeds only for special events?

► 70-plus residents, landowners and businesses consulted on making 104 St. 'walkable' ► From Jasper to 104 avenues considered 'special character area'

Business owners along 104 Street are hoping the city will park any notions it has to shut the area down to vehicular traffic.

The executive committee will review steps being taken to make the street "walkable" on Thursday.

Ed Fong, a partner in deVine Wines and 104 Street Vision Steering Committee member, said he is in favour of limiting four-wheeled traffic, but only for special cases.

"In order to have some vibrancy, there has to be

some movement," Fong said, citing panhandlers and a need for delivery access as downsides to closing car access.

Among future strollable events Fong would like to see are a night farmers' market, a small-scale "taste of Edmonton" or a sidewalk sale showcasing art.

Geoff Linden of Credo Coffee says two annual Al Fresco events in June have shown the street can go pedestrian-only successfully and bring "thou-

sands of people to the area," not to mention extending the life and perimeters of local patios.

Coun. Karen Leibovici said the city will weigh all parties' points of view before green-lighting changes along 104th, adding a model such as Rice Howard Way is the likely route it will take.

● SHELLEY WILLIAMSON



For more local news, visit [metronews.ca/edmonton](http://metronews.ca/edmonton)

### Rich history

Nine heritage buildings line the 104 Street promenade, including the Birks and Phillips buildings, built in 1929 and 1919, respectively.

1 The City Market runs Saturdays May to October and is Edmonton's original farmers' market.

2 Lofts and condos are set to bring a residential side to 104 Street.

# 1

  
news


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**Guidy Mamann explores a new policy for missed correspondence by visa applicants. More at [metronews.ca/immigration](http://metronews.ca/immigration)**



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### Accounting (certificate, diploma or applied degree)

Wed, Feb 23, 5 pm, Room 227  
South Campus (7319 - 29 Ave.)  
ph: 780.497.5221 for details.

# 241 hours of hockey

► Organizer says raising money for cancer treatment made the 10 days of outdoor hockey bearable

In the end, it was a rout.

White bested blue 2,090-2,010 in the world's longest hockey game that wrapped up yesterday near Sherwood Park.

The two teams, pulled from a group of 40 players, began their game shortly after 11 a.m. on Feb. 11 and played through to 1 p.m. yesterday — more than 10 days straight.

Organizer Brent Saik didn't have an exact time as of yesterday afternoon, but said there is no question the players beat their previous world record of 241 hours 21 minutes set on the same outdoor rink in 2008.

The players took to the ice in shifts of between four and seven hours with four hours of rest in be-

**"If you were playing hockey that long and you weren't trying to raise a million dollars to save lives, it would destroy your body."**

BRENT SAIK, ORGANIZER

tween.

The feat was gruelling, but most of the players knew what to expect because they have held similar long games three other times in the last decade.

"You get blisters and then when you have a blister you get a blister on top of a blister and then you get a frozen toe and it is just a mess," a weary sounding, but elated Saik said after the game



► Goalie John Sorensen skates with the Canadian flag as other hockey players responsible for breaking the Guinness World Record for the world's longest hockey game, salute the crowd yesterday after their game in Strathcona County.

wrapped up.

"This year, a lot of the guys were wily veterans and they have been through this many times so we know how to look after ourselves pretty

good."

The goal was to raise \$1 million for cancer treatment; specifically to fund the purchase of a new linear accelerator used in radiation treatment at the

Cross Cancer Institute in Edmonton. They had raised more than \$870,000 as of yesterday and Saik was confident the goal would be reached once everything was tallied.

Every player has been touched by cancer in some way. Saik, an optometrist, lost his father, Terry, to the disease in 1994 and his wife, Susan, in 2003.

THE CANADIAN PRESS

## on the hou\$e

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### Family. Day

► Tyler, left, and Jacquelyn Routledge were two of many who eagerly took the opportunity to make their own fire-cooked bannock in Churchill Square yesterday.



HEATHER MCINTYRE/METRO

## Churchill Square abuzz with families

Family Day fun stretched to every corner of the city yesterday, as Edmonton families enjoyed an extra day added onto their weekend. Churchill Square was a destination where many came out to enjoy the day.

### Fight leads to latest murder

Police have laid charges in the city's 11th homicide of the year.

EPS responded to a north-end alley at 127 Avenue between 118 and 119 streets early Sunday morning, where a man was suffering life-threatening stab wounds and had to be

taken to hospital. The victim, who has been identified as Stacy Steinhauer, 28, died in hospital.

EPS believe the death followed a fight inside a home and have arrested a suspect. Daniel Friday, 25, is charged with second-degree murder, possession of a firearm and breach of probation.

This is the third body found in a north-end Edmonton alley this month.

● METRO

### Avalanche victims remembered

Family and friends in central Alberta are grieving the loss of three snowmobilers who died in an avalanche in B.C. on the weekend. The men from the Donalda area were being remembered as hard workers who loved the sport. Dead are Andy Gebhardt, his son Jarrett Gebhardt, and Norbert Mueller. Travis Mueller, Norbert's son, survived.

THE CANADIAN PRESS



## REPORT

**Coronation Park eyed as site for indoor velodrome**

Coronation Park could be the home of an indoor velodrome if the city gives it the OK.

A city report released last week says staff have been working with the

Argyll Velodrome Association to identify potential sites to replace the 33-year-old structure in Argyll Park, after negotiations to acquire land in a nearby industrial park fell through last year.

It could be included in a redeveloped Peter Hemingway Leisure Centre, slated to be complete in Coronation Park by 2015.

A concept design would cost \$200,000.

The idea will be discussed today by a council committee.

● METRO

**Slain woman identified**

A woman found dead in a Mill Woods home last week has been identified as Marietta Chavez.

Wal-Mart Canada confirmed she worked at an Edmonton store.

The tenant in the basement, Irineo Odooy, 59, has been charged with second-degree murder.

● METRO

**Man dies after ski accident**

A Toronto man on a ski weekend at Lake Louise died Sunday after hitting a tree.

The experienced skier had been in bounds, but RCMP say he veered toward the trees.

The 21-year-old, who had been wearing a helmet, died on scene.

● METRO

# Little Mounties lop locks for worthy cause



► Raelyn Downie holds up her just-cut pigtails, which she is donating, while sitting on the knee of her father, Doyle, who is sporting a freshly shaven head.

**36 children shave heads of over 30 volunteers for cancer fundraiser**

Yesterday, a group of children dressed in RCMP and police uniforms participated in an annual fundraiser in support of Kids With Cancer at Edmonton's RCMP headquarters.

The kids, many of whom are child cancer survivors, became "Mounties for a day" and helped with the head-shaving event while being given the chance to have fun for a good cause.

"It's nice to connect with (the families) on a different level, and just help their kids feel normal for a day and to forget that they have these difficult procedures," said Cpl. Lisa Downie.

Downie started the fundraiser back in 2005 when her daughter, Raelyn, was diagnosed with cancer at 14 months old.

"Our life was pretty crazy then, but once we

**Did you know?**

- Around \$400,000 has been raised over the last five years.
- According to the Kids With Cancer Society, one in 300 youth will be diagnosed with cancer before they turn 20 years old.

started to ground ourselves and get going, we wanted to make a difference," said Downie.

Though she is still at risk for the disease, Raelyn has since recovered and will be celebrating her eighth birthday this July.

"She's doing really well," said Downie.

"It's nice to be involved with families and to provide support wherever we can."

● ALISON BAIRD

**Retire your ride before time runs out.**

Retire Your Ride rewards Canadians for recycling their older polluting vehicles – but the program ends **March 31st**. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit [RetireYourRide.ca](http://RetireYourRide.ca) or call 1-877-PRE-1996 today.

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## FATALITIES FEARED

**Quake strikes N.Z.**

A powerful earthquake hit the New Zealand city of Christchurch today, collapsing buildings, burying vehicles under debris and sending rescuers scrambling to help trapped people amid reports of multiple deaths.

Police said they were

trying to confirm reports of fatalities from the 6.3-magnitude quake, the second major temblor to strike the city since last September, while Prime Minister John Key told Parliament details still were too sketchy to confirm deaths.

Witnesses said the quake destroyed the iconic stone Christchurch Cathedral, its spire toppled into a central city square, and there were reports of two buses crushed under falling buildings.

THE ASSOCIATED PRESS

**Yemen protests continue**

Yemen's leader yesterday rejected demands that he step down, but protests seeking President Ali Abdullah Saleh's ouster did not let up. Tens of thousands rallied in four cities, including the capital of Sanaa. At least 11 people have been killed in anti-government protests this month. THE ASSOCIATED PRESS

**Another Mubarak has problems**

A judge in Dubai, who couldn't hold back a smile, slapped Hosni Mubarak with a fine for illegally consuming alcohol in public. No, not that Hosni Mubarak. This one is a Pakistani namesake of the ousted Egyptian president who was in a Dubai misdemeanours court Sunday.

THE ASSOCIATED PRESS

**Gadhafi losing grip as protests sweep Libya**

THE ASSOCIATED PRESS/ALAGURI



► A girl displays the victory sign in Benghazi, Libya, yesterday, where protesters claimed control of the country's second largest city.

**World calls on government to stop 'appalling' crackdown**

Deep rifts opened in Moammar Gadhafi's regime yesterday, with Libyan government officials at home and abroad resigning, air force pilots defecting and a bloody crackdown on a protest in the capital of Tripoli, where cars and buildings were burned. Gadhafi went on state TV early today to attempt to show he was still in charge.

World leaders expressed outrage yesterday at the "vicious forms of repression" used against the demonstrators.

The longest-serving Arab leader appeared briefly on TV to dispel rumours that he had fled.

"I am here to show that I am in Tripoli and not in Venezuela. Don't believe those misleading dog stations," Gadhafi said, refer-

ring to the media reports that he had left the country.

Pro-Gadhafi militia drove through Tripoli with loudspeakers and told people not to leave their homes, witnesses said, as security forces sought to keep the unrest that swept eastern parts of the country — leaving the second-largest city of Benghazi in protesters' control — from overwhelming the capital of two million people.

U.S. Secretary of State Hillary Rodham Clinton called on Gadhafi to "stop this unacceptable bloodshed" and said the world was watching the events "with alarm."

British Prime Minister David Cameron, visiting neighbouring Egypt, called the crackdown "appalling."

THE ASSOCIATED PRESS

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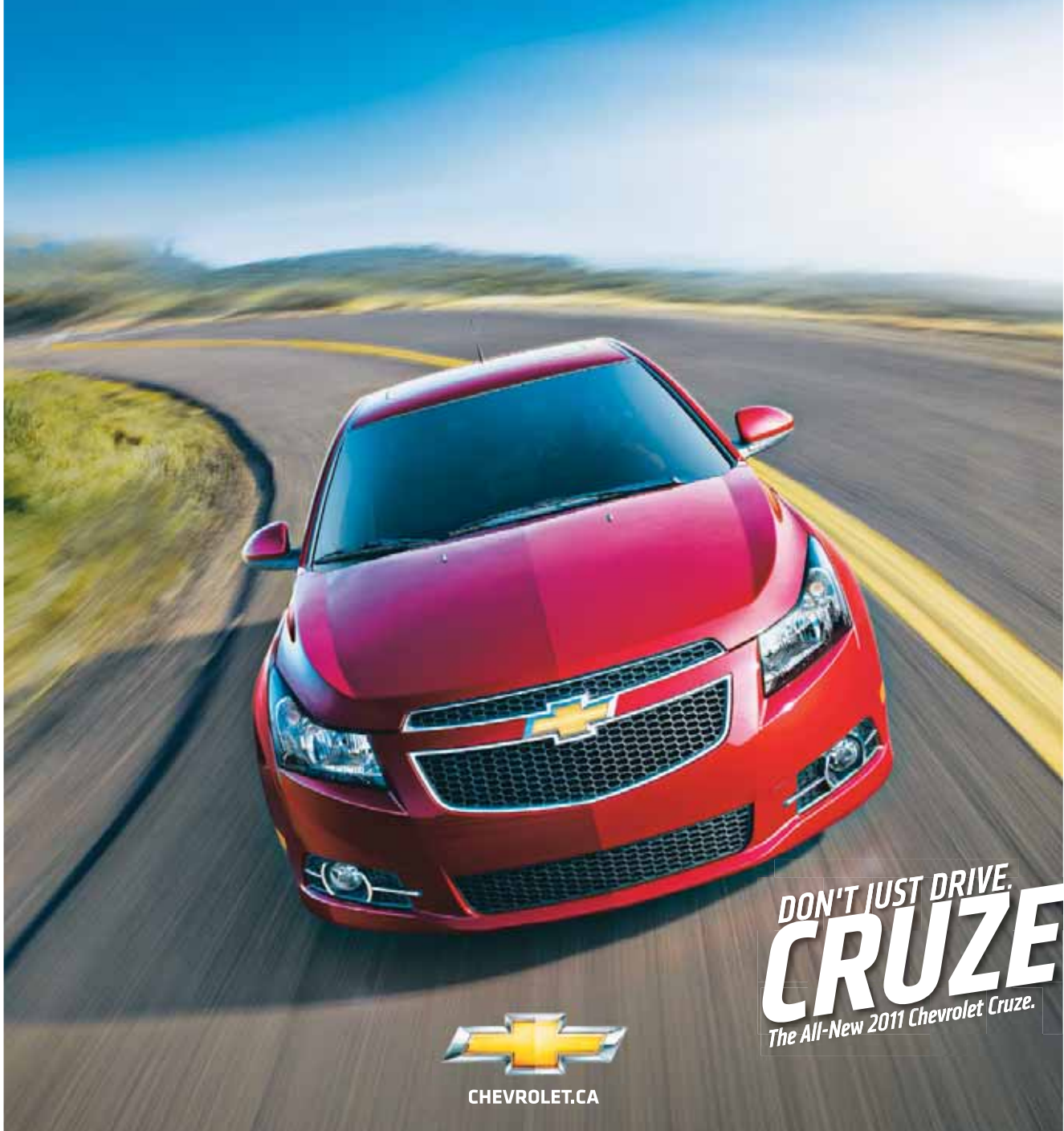


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# Blogging 260 days of marital sex

CONTRIBUTED

► Alberta couple aims to have intercourse five days a week ► Wife says marriage has never been stronger



**JEREMY NOLAÏS**  
@METRONEWS.CA

A Calgary husband and wife are in the midst of documenting a daunting challenge likely to make even the most liberal lovers ache in empathy.

Intimacy had always been a point of contention for Ryan and Melanie since the two were married nearly eight years ago.

The couple asked that their last name be withheld and that Melanie's first name be altered to avoid

workplace conflict.

As Ryan puts it, they were faced with an "imbalance in sex drives."

"I was ready to go most of the time," he said. "While her words, exactly, were, 'I could probably do it once a year and be happy.'"

Finally, some excitement was found when the two discovered a book detailing a couple's quest to have sex for 101 consecutive days.

"It was highly motivational," Ryan said.

And thus the intercourse

expedition began.

Starting Jan. 1, the couple, both 30 years of age, began engaging in sex five times a week, all the while documenting the pains and pleasures — Kama Sutra iPad apps and candle-wax massage included — online at 260days.ca.

Melanie says they have never been closer.

"The more that we do it, the less taxing it has become," she said. "It was about figuring out there were certain things I needed and certain things he needed."



► The latest post from 260days.ca, which documents a Calgary couple's year-long mission to have more sex.

Melanie headed out to grab the tickets and I had a shower in

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# Russia's future stirs emotions

► Ex-Soviet leader Gorbachev lashes out against judicial system ► Says Putin, Medvedev disrespect democracy

Former Soviet leader Mikhail Gorbachev described Russia yesterday as an imitation of democracy and accused its current rulers of conceit and contempt for voters, in his harshest criticism of the government yet.

Gorbachev criticized Prime Minister Vladimir Putin and his protege, President Dmitry Medvedev, for saying that they will decide between them who should run for president in Russia's March 2012 presidential vote.

Gorbachev denounced the statements as a show of "incredible conceit" and disrespect for voters.

"It's not Putin's business. It must be decided by the nation in the elections, by those who would cast ballots," Gorbachev said at a news conference. "Can't other people also run?"

Gorbachev has previously avoided personal criticism of Putin, who has remained Russia's No. 1 politician after shifting in-

ALEXANDER ZEMLIANCHENKO/THE ASSOCIATED PRESS



► Khodorkovsky

**"Putin still considers me a dangerous political and personal opponent."**

**RUSSIAN OIL TYCOON MIKHAIL KHODORKOVSKY, IMPRISONED SINCE 2003**

to the prime minister's post following two presidential terms.

Putin is widely expected to reclaim the presidency in 2012.

Gorbachev said Russia has only "imitations" of a parliament and judicial system.

Gorbachev also denounced the main pro-Kremlin United Russia party as a "bad copy" of

the Communist Party of the Soviet Union and warned that the government's efforts to sideline opponents could backfire.

"The monopoly ends in rotting and hampers economic development," he said.

He has also called for a probe into last week's statement by an assistant to the judge who convicted oil tycoon Mikhail Khodorkovsky, who said the judge did not write the verdict and read it against his will in a Moscow court.

Judge Viktor Danilkin found Khodorkovsky guilty in December of stealing oil from his own oil company and extended his prison term through 2017.

Putin has been seen as the driving force behind the unrelenting legal attack on Khodorkovsky, who challenged him early in his presidency and has been imprisoned since 2003.

THE ASSOCIATED PRESS



► Former Soviet leader Mikhail Gorbachev gestures yesterday at a news conference in Moscow.

**'They have nothing to lose'**

Former Soviet leader Mikhail Gorbachev told a Moscow news conference yesterday that the uprisings that toppled the leaders of Tunisia and Egypt have many things in common with the collapse of communism.

"People are striving for a better life," he said. "They have nothing to lose."

Unrest continues to spread across the Arab world. THE ASSOCIATED PRESS

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# MPs get green light to do the 'Twitter bug'

► Facebook and Tweets coming to thumbs of Canuck politicians through government-issued BlackBerrys

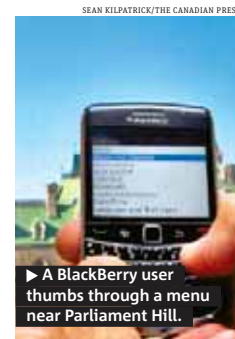
MPs now have the power of social media right in their palms.

The House of Commons has given the thumbs up for MPs and political staff to use Twitter and Facebook applications on government-issued BlackBerrys.

While many MPs and staff are already avid users, until now they have had to access the sites through web-based versions.

The Commons information office is now installing the actual applications, saying in a memo that it's part of improving their own service.

The change has already led to some MPs increasing



► A BlackBerry user thumbs through a menu near Parliament Hill.

the number of tweets they're sending every day, and others to finally start using previously dormant accounts.

A recent report on the

use of social media by MPs found that about half use Twitter, while slightly fewer have personal Facebook pages.

The most effective MP online appears to be Industry Minister Tony Clement. Metrics that measure online reach suggest he has a more engaged audience than Prime Minister Stephen Harper.

Clement said in a tweet to The Canadian Press that he hopes having social media on their phones will encourage more of his colleagues to get online.

As talk of a spring election ramps up, would-be MPs are also already active online. **THE CANADIAN PRESS**

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## Water. battles



► Prime Minister Stephen Harper, centre, poses for a photo aboard the MV Ocean Lady in Delta, B.C. Harper vows to strengthen measures against illegal migration.

JONATHAN HAYWARD/THE CANADIAN PRESS

## Smuggling crackdown

Prime Minister Stephen Harper is touring two cargo ships that delivered hundreds of Tamil migrants to Canadian shores over the past two years as he tries to drum up support for immigration reforms.

## Seal hunt faces delay, reason unknown

Four days after its official opening, a controversial grey seal hunt in a protected area off eastern Cape Breton still had not gotten underway yesterday.

Andrew Newbould, a spokesman for the Department of Fisheries and Oceans, said sealers have given hunting notice since Thursday.

Newbould had no information on the delay. Officials have set a quota for the island of 1,900 animals, down from 2,200 last year. The hunt is part of an overall grey seal quota set at 60,000 animals for Atlantic Canada.

THE CANADIAN PRESS

**24**

The Department of Fisheries and Oceans says sealers must give 24 hours notice of their intent to hunt on Hay Island.

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The Saskatchewan government is offering what it calls the best summer job ever to a student willing to travel the province.

Tourism Minister Bill Hutchinson says the student, to be dubbed the Saskatchewaner, will

collect stories, photos and video for a blog. The aim is to talk to people in cities, towns, rural areas and at festivals to find out what makes the province great.

Hutchinson says the idea comes from a successful blog the province did from its pavilion at the Vancouver Olympics.

Candidates 19 and over should apply between Feb. 28 and March 11 at [saskatchewaner.ca](http://saskatchewaner.ca).

THE CANADIAN PRESS

**Feds probe Moneris fee notice**

The Canadian Federation of Independent Business hopes that Ottawa's threat of regulation will force payment processor Moneris to give its clients more time to review changes that may increase merchant fees.

The CFIB alleges Moneris violated a voluntary code of conduct by sending clients a confusing letter about how fee changes would apply. THE CANADIAN PRESS

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► Federal Trade Minister Peter Van Loan has said everything is on the table in the talks, but some issues may require a less than straightforward solution.

**EU trade talks remain on track, feds say**

► Ottawa is moving EU objections to oilsands fuel off bargaining table ► Issue will be dealt with separately

Free-trade talks with the European Union are in no jeopardy despite a growing dispute over the oilsands, Canada's trade minister says.

Peter Van Loan acknowledged that he is concerned about a European news report yesterday that suggested Canada had threatened to scrap the talks — Ottawa's top trade priority — if the European Union goes ahead with plans to bar oil imports that originate from the oilsands.

But Van Loan said the issue was not part of the trade talks, which the two sides hope to wrap up by the end of the year.

**107**

Europe has judged gasoline from conventional oil to have a value of 85.8 grams of carbon dioxide per megajoule of fuel, whereas oilsands oil would be measured at 107 grams.

"Canada and the European Union are working to resolve this issue outside of the negotiations towards a free trade deal," he said.

"Oilsands-derived fuel should be treated on a similar basis as other crude oil sources and decisions must

be based on sound scientific evidence," he added.

The EU has proposed changes to a fuel-quality directive aimed at reducing emissions from transport fuels by 10 per cent in the next decade, a goal that would be made more difficult by importation of oilsands fuel.

This would not be the only controversial issue on which Canada and the European Union disagree, but have left out of the free-trade negotiations.

European countries have also taken a strong stand against the seal hunt and banned most imports of seal products.

THE CANADIAN PRESS



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# Firms poised to pull Mideast staff

► Tripoli airport remains open to commercial flights ► Canadian energy companies have their own contingency plans to safeguard workers

Canadian businesses with a presence in the Middle East are preparing staff evacuation plans as political unrest and bloody revolts spread across the Arab world.

At least three Canadian companies, Suncor Energy, SNC-Lavalin Group and Pure Technologies, were evaluating the security of operations in Libya. Jack Elliott, president of Calgary-based infrastructure manager Pure Technologies, said the company was preparing to evacuate 14 employees. Montreal-based engineering firm SNC-Lavalin said yesterday that its employees in Libya were safe, but work on some of its projects had been temporarily suspended.

**"The situation's very unstable there, so we thought it's better to get them out, at least until things settle down."**

JACK ELLIOTT, PRESIDENT, PURE TECHNOLOGIES

Suncor spokesman Brad Bellows said the Cal-

gary oil and gas company has contingency plans to ensure staff safety.

Foreign Affairs Minister Lawrence Cannon said yesterday that there are an estimated 500 Canadians in Libya and about 350 have registered with the Canadian Embassy in Tripoli.




There are no immediate plans for a government evacuation, he said. **THE CANADIAN PRESS**

## Leaving Libya

Canada, the United States and many European nations have urged their citizens to avoid non-essential travel to Libya.

- Oil giant BP is drawing up plans to evacuate staff "in the next couple of days."
- Norway-based Statoil is pulling a "handful" of expatriate workers out of its office in Tripoli. Locally hired staff will remain in Libya but are off duty.
- Italy's Eni oil company is evacuating non-essential personnel as already scheduled following the early closure of schools in the country.

## Market moment

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Facebook's ad revenue is projected to double to \$4.05 billion US this year. But even with a reach of 550 million followers worldwide (including 15 million Canadian visitors a



► Jordan Banks' job is to convince big advertisers to click the "like" button on Facebook.

month), social media continue to be a tough sell. Many brands are uncertain how to divide their budget

between conventional and new media.

Banks' job is to convince the "Top 200 brands" that

it's worth being on Facebook. With its massive database of users and detailed knowledge of who they are and what they like, Facebook offers brands an ability to connect directly to a specific segment of that audience, he says.

Banks says social media have changed the way people interact on the web. Instead of randomly clicking and searching for information, people turn to friends and family for trusted advice. The "like" button allows the brand to tie its ad to personal recommendations. "It's word of mouth on steroids," Banks says.

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# KEEPING IT CASUAL IN THE FRIEND ZONE

## She says ...

### JESSICA NAPIER



All friendships require a certain amount of chemistry. But when two heterosexual people of the opposite sex become buddies, sometimes those friendly feelings can start to resemble something more like sexual tension.

Male-female friendships can be an emotional minefield of hidden desires. Does this mean you secretly want to jump into bed with all of your friends? Of course not. But do you ever wonder how many of them might be interested if the opportunity presented itself? Maybe you and your platonic pal are just a bad breakup

and a bottle of wine away from crossing that boundary and hooking up.

So, can two people of the opposite sex ever really be "just friends?"

The Hollywood answer to this age-old question is a decisive HELL NO. On screen, male-female friendships always turn into something more. Harry and Sally, Chandler and Monica, Jim and Pam ... do I need to go on? Even the characters in *Just Friends* wind up becoming much more than the film's definitive title suggests. Cinematic clichés dictate that when reasonably attractive men and women befriend one another they are always on the road to

romance, whether they realize it or not.

But how much truth is there to this friendship as foreplay theory?

**"So, can two people of the opposite sex ever really be 'just friends?'"**

Not a whole lot. Real life isn't a romantic comedy; men and women go to school together, work together and hang out in plenty of platonic settings without falling hopelessly in love

with one another.

Last year, a close (female) friend of mine moved in with a new (male) roommate. My immediate reaction was, "You two are definitely going to sleep together." Perhaps I've watched too many rom-coms but it seemed to me that a single man and

woman living under the same roof would inevitably end up doin' it.

Much to my surprise the roommate romance never transpired; almost one year later the two of them have never even come close to seeing each other naked. Instead, their cohabitation has come to resemble a sexless marriage. They cook for each other, argue over domestic chores and insist that they never, ever think about each other "that way."

Ultimately, just because two people can have sex doesn't mean they want to. Sometimes guys and gals are better off keeping it casual in the friend zone.



Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADDER



## Worth mentioning

Beer. It's not just for couch potatoes anymore.

A Bavarian brewmeister is touting its no-alcohol beer as the latest sport drink for athletes, handing it out at the finish line of sporting events and touting its regenerative benefits.

Unlike Gatorade, Erdinger Alkoholfrei is served up with a frothy head. And it comes in one colour — a golden hue — unlike conventional sport drinks.

Several top athletes from Europe quaffed the beverage from giant mugs on the podium of the World Cup biathlons held this month in northern

## Cheers



ROBERT F. BUKATY/THE ASSOCIATED PRESS

Maine.

The company touts the beverage as an isotonic, vitamin-rich, no-additive beverage with natural regenerative powers that help athletes recover from a workout. In other words, it's carbohydrate-loaded refreshment without the alcoholic buzz of beer or the jitters caused by some energy drinks.

Promoted as a "sports and fitness drink," Erdinger began targeting athletes in 2001 in Europe with an advertising campaign featuring a pair of triathletes. Its popularity quickly grew in Europe, where it's often distributed for free in the finishing area of sporting events.

THE ASSOCIATED PRESS

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## Metro Minute with Shipwrecked!

The Atlas Theatre presents *Shipwrecked!*, a play about the adventures of Louis de Rougemont, a 19th-century British explorer.

The play runs until Feb. 27 at the Holy Trinity Anglican Church (10037—84 Ave.).

Tickets, available from Tix on the Square, are \$16.75 for general admission and \$11.75 for seniors

and students.

Directed by Julien Arnold, the play is set in 1860 when Rougemont shipwrecks on the shores of Australia. He returns to London 30 years later and finds fame in telling of his adventures.

This humorous show is suitable for all ages and starts at 7:30 p.m.

● METRO



► *Shipwrecked!* runs until Feb. 27 at the Holy Trinity Anglican Church.

CONTRIBUTED



# Behind the scenes on the Red Carpet

► Metro talks to E! hosts Ryan Seacrest and Giuliana Rancic about the Hollywood Red Carpet experience ► How are they preparing for Oscar day? ► Who are some of the most elegant stars?

**METRO:** How do you remember all the things about each celebrity you interview on the Red Carpet?

**RYAN:** I happen to be a fairly ardent film and television junkie, which really helps. Plus I have a great team surrounding me who keep me informed so that I am never really out of the loop.

**What is your opinion of Anne Hathaway and James Franco as hosts for the Oscars? Doesn't the show fare better with a comedian as host?**

They are true movie stars, and I think they will have viewers eating out of their hands from the moment they walk onstage.

**As a popular TV figure you surely get lots of attention when you travel. What is the strangest/funniest proposal you've received from a fan?**

Actually, fans are really lovely to me and rarely make inappropriate advances. Of course, there is always the odd stranger who approaches me in a busy airport and truly expects me to get them on Idol based on that chance meeting.

**How do you keep things fresh after doing so many Red Carpets? Doesn't it get old?**

Every awards show presents new opportunities because of the new material the actors do from year to year. Talking with Jeremy Renner about The Hurt Locker, for example, is very different than talking with him about The Town.

## Red Carpet

► **Showtime.** Live From The Red Carpet: The 2011 Academy Awards airs Sunday, Feb. 27 starting at 6 p.m. ET on E!

**What's the craziest thing you have seen at an awards show after-party?**

I wish I could tell you something, but I am usually preparing for the next day's E! News after the awards shows.

**Who do you think throws the best after-party in Hollywood?**

For sheer star power and glamour, you really can't beat the Vanity Fair party. It has become an institution and many stars feel like they have not "arrived" until they have been invited.

**Who do you think are the most elegant/fashionable male and female celebs who never disappoint on the Red Carpet?**

In just a few short years, Anne Hathaway has re-

ally become one of the fashionistas to watch. Among the guys, Clooney and Pitt never seem to disappoint fans.

**Women spend hours readying for the Red Carpet. How about you, Ryan? Any special grooming regime to prepare for the big day?**

There is not really a day that goes by that I am not on camera, so prepping for it is just part of my daily routine. On Red Carpet days, however, I do try to wait as late as possible to shave since my day starts so early. You just don't want to hug Meryl Streep with stubble, you know?

**METRO:** Do you actually watch all the nominated movies and shows? Where do you find the time?

**GIULIANA:** It is simply impossible to watch everything, so I really try to focus on the major categories and the "star vehicles" since I know I will likely be talking with those stars on the carpet. Luckily, by the time Oscars gets here, I've had more time to fill in some of the gaps after Golden Globes.

**What is the weirdest thing you have seen on the Red Carpet?**

One of the strangest things I've witnessed on the Red Carpet was when the gorgeous young actress Megan Fox said that she thought she looked like a transvestite when she looked in the mirror. She was dead serious when she said that in the interview and it shocked everyone because she is so stunning!

**Who was the last celebrity who made you feel star struck, and why?**

The last celebrity who made me feel star struck was Al Pacino.

At the last Emmy Awards, he arrived late and wasn't going to do any press, but I ran down to the carpet and brought him back up to the E! platform for an interview that ended up being great!

**Do you do any special preparation regarding fashion for the Red Carpet? Do you read up on designers, or do you have people working for you who try to find out who will be wearing what so that you are prepared?**

Yes, we have a fashion squad that is devoted to learning who will be wearing what leading up to the big day.

I like to know the designers, trends, colours and silhouettes that are going to be the most prominent on the carpet beforehand so I can let the audience know what to expect.

**How much of what you ask the stars on the Red Carpet is your personal choice and how much is from your team telling you what to ask?**

Oh, it is a healthy combination of both. Since I research, write and report entertainment news every day, I already know a lot of what is topical and on viewers' minds. Luckily, I have great producers who will also tell me important bits of information beforehand in our pre-meetings as we prepare for the big day so that I don't forget to ask something big.

## 2 scene

### Box Office



Liam Neeson has proven himself a known quantity again at the box office. Neeson's thriller, *Unknown*, debuted as the No. 1 movie with \$21.8 million, following in the footsteps of his 2009 action hit *Taken*, according to studio estimates. *Unknown* opened at No. 2 with \$19.5 million.

THE ASSOCIATED PRESS



A dogged Aussie filmmaking collective lands at the Oscars, with more movies to come

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# A royal challenge at Oscars?

King's Speech may take the throne, but Hollywood rarely crowns British monarchy at Academy Awards

It may seem as though Academy Awards voters would be a bunch of fawning monarchists, considering how often the ceremony has been a love fest for all things English.

But British kings and queens generally wind up losers at the Oscars.

If *The King's Speech*, a saga about Queen Elizabeth II's dad, makes good on its status as best-picture favourite on Sunday, it would become the first film with a British monarch as its central figure to win the top prize in the 83-year history of the Oscars.

Two films with a British king or queen as a supporting player — 1966's *A Man for All Seasons* and 1998's *Shakespeare in Love* — did win best picture.

Yet past contenders with a monarch in a lead role have always lost: 1933's *The Private Life of Henry VIII*, 1946's *Henry VIII*,

**13** Losers far outnumber winners: 13 of the 17 actors nominated for playing a British king or queen have lost at the Oscars (there would be one more loser if we throw in Vanessa Redgrave as best actress in 1971's *Mary, Queen of Scots*, whose title character schemed but failed to take the English crown from Elizabeth I).

1964's *Becket*, 1968's *The Lion in Winter*, 1969's *Anne of the Thousand Days*, 1998's *Elizabeth* (which lost to *Shakespeare in Love*) and 2006's *The Queen*.

Actors as British mon-

archs have fared a bit better, with lead-acting wins by Charles Laughton in the title role of *The Private Life of Henry VIII*; Katharine Hepburn as Henry II's captive queen, Eleanor of Aquitaine, in *The Lion in*

*Winter*; and Helen Mirren as Elizabeth II in *The Queen*. Judi Dench won a supporting Oscar as Elizabeth I in *Shakespeare in Love*.

Best-actor front-runner Colin Firth as the current queen's father, George VI, is expected to join the winner's list Sunday, though Helena Bonham Carter as his wife, the future Queen Mother Elizabeth, is a longshot for supporting actress. **THE ASSOCIATED PRESS**



► Helen Mirren portrayed Queen Elizabeth II in 2006's *The Queen*.



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# Former exec blasts Grammys

A former music executive has blasted the Grammy Awards for snubbing Justin Bieber and Eminem.

Steve Stoute, best-known for managing New York rapper Nas, took the Grammys to task in a full-page ad in the *New York Times* over the weekend.

He ripped the show for giving awards to obscure acts instead of more relevant, of-the-moment artists — including Bieber, the 16-year-old from Stratford, Ont., who performed during the Feb. 13 ceremony but was shut out in his two nominated categories.

His criticism extended to Montreal's Arcade Fire, whose third record, *The Suburbs*, took the trophy for album of the year at last week's show.

After winning, the band spontaneously took the stage to play *Ready to Start* to close the show.

Stoute suggested it could not have been an im-

**"How is it that Justin Bieber, an artist that defines what it means to be a modern artist, did not win Best New Artist?"**

STEVE STOUTE

promptu performance, and that the band must have known it was going to win.

The Recording Academy, which puts on the Grammys, was not immediately available to comment yesterday.

Stoute also objected to some of the Grammys' memorable recent upsets — specifically, Herbie Hancock beating out Kanye West and Amy Winehouse for album of the year in 2008, and Steely Dan's victory over Eminem's *The Marshall Mathers LP* in '01.

That summed up his problem with the show in

general — awarding legacy artists over those currently ruling the charts.

"Does the Grammys intentionally use artists for their celebrity, popularity and cultural appeal when

they already know the winners and then program a show against this expectation?" wrote Stoute in his letter, published Sunday.

"Meanwhile the National Academy of Recording

Arts and Sciences hides behind the 'peer' voting system to escape culpability for not even rethinking its approach.

"And I imagine that next year there will be another

televised super-close-up of an astonished front-runner as they come to the realization before a national audience ... that he or she was used."

THE CANADIAN PRESS



► In 2001, Eminem's *The Marshall Mathers LP* was beat out by Steely Dan for the album of the year award at the Grammys.



# P.J. Harvey talks about creating a timely album

► U.K. musician's Let England Shake was recorded in a church ► Harvey wanted to write stuff connected to 2011

**GUILLAUME B. DECHERF**  
SCENE@METRONews.CA  
METRO WORLD NEWS

Calm, searching for the right words, the voice of Dorset, England just released an impressive new album, *Let England Shake*. P.J. Harvey talks to Metro about her creative passion.

**You recorded this album in a church. Was it for a particular reason?**

Not at all. I had in mind to find a studio in Berlin, which sounded as a very exciting city, and I need to be inspired by the place I'm in when I record. But I didn't find what I was looking for, so when I've been told of this disaffected church in England which is used for exhibitions, we got there.

**How shall we interpret *Let England Shake*? In a moving sense or a shivering sense?**

There is no pre-determined sense. People who listen to it can think what they want. This is not a conceptual album. My unique goal was to use a language that could evoke the world we live in, and not just England. I wanted simple and



► P.J. Harvey has a new album out called *Let England Shake*.

human texts, that could talk to anyone. For me, the beauty in the creating process lies in the transmission to someone who can use it afterward.

**What sort of work do you do to be able to describe the world as it is?**

I'm very interested in politics, and in the news in general. And there is no day where I don't write a line. But on this album, it's the very first time I tried to write stuff that was directly connected to 2011. I didn't feel confident enough before to do so. You know, writing is not natural to me. I'm groping about and I'm very critical with my work. It's quite good in the

end, since I'm happy only when I gave the maximum.

**You almost became "mainstream." Not like a star, but recognized and awaited by your fans. How do you deal with that?**

I never thought of having fans. When I was young, I wanted to create and to be recognized, but without the "starification" thing. It wasn't me. And I thought I would become a painter or a sculptor. Last summer, I showed some of my stuff in *All Story*, Francis Ford Coppola's magazine. I'd love to become a painter, but I lack time, since my top priority is music, even if I do not sing a lot in between two albums.

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## Lainey's Oscar file

## BEST ACTRESS: JENNIFER LAWRENCE

## Winter's Bone

Lawrence's nickname is "Nitro," given to her because growing up in Kentucky she was a self-described tomboy who excelled at several sports and even played on an all-boys basketball team.

And don't accuse her of going all Hollywood.

Lawrence has insisted that there's a lot of "redneck" in her still, once joking that she's "attracted to her brother."

**THE 83RD ANNUAL ACADEMY AWARDS AIR LIVE SUNDAY AT 8:30 P.M. ET ON CTV. CANADA'S OFFICIAL RED CARPET SPECIAL TALK AT THE OSCARS AIRS ON CTV**

(6:30 P.M. ET) /A (6:30 P.M. ET) AND E! (8 P.M. ET). VISIT CTV.CA FOR LOCAL BROADCAST DETAILS. CTV COVERS THE OSCARS FROM EVERY ANGLE, BRINGING VIEWERS MORE THAN 15 HOURS OF OSCARS ACTION ACROSS CTV, E! AND /A.



Jennifer Lawrence

LAINY, ETALK CORRESPONDENT AND AUTHOR OF LAINYGOSIP.COM

## Folk-rock royalty: The next generation

► Rufus Wainwright announces birth of baby girl ► Newborn's mother is Leonard Cohen's daughter

Montreal-raised singer Rufus Wainwright is a dad — and the baby is the grandchild of legendary musician Leonard Cohen.

Wainwright made the announcement on his website, saying Viva Katherine Wainwright Cohen was born Feb. 2 in Los Angeles.

He said the baby was born to "proud parents Lorca Cohen, Rufus Wainwright and Deputy Dad Jorn Weisbrodt."

Weisbrodt is Wainwright's romantic partner.

Wainwright is the son of Loudon Wainwright III and the late Canadian folk singer Kate McGarrigle. Lorca Cohen's mother is artist Suzanne Elrod, who had two children with Leonard Cohen.

In the posting on his website, Rufus Wainwright referred to himself as "Daddy #1."

"Daddy #1 would like to offer everyone a digital cigar and welcome the little lady in with a French phrase from his favourite folk song, A La Claire Fontaine: "Il y a longtemps que je t'aime, jamais je ne t'oublierai," Wainwright wrote.

He also pointed out that some articles have incor-



► Singer Rufus Wainwright is now a proud papa to Viva Katherine Wainwright Cohen.

rectly characterized Lorca Cohen as "the surrogate."

"Of course, she is no such thing," Wainwright wrote. "She did not carry the child for someone else. Lorca Cohen is the mother of the baby and Rufus Wainwright is the father."

Wainwright has released several albums and recently wrote the opera Prima Donna.

THE CANADIAN PRESS



## THE SKY IS NOT THE LIMIT

From her start as a typist in a dental office, Major (Ret.) Deanna Brasseur built a career that saw her become one of the first two CF-18 female fighter pilots in the world, the first female flight instructor at Canadian Forces Flying Training School and the first female flight commander at C.F.B. Cold Lake.

Now a Member of the Order of Canada, Major (Ret.) Brasseur will share her story in an evening of insight and inspiration.

**DATE:** Thursday, March 17  
6:15 pm: Reception with light refreshments  
7:00 pm: Evening keynote

**LOCATION:** Shaw Theatre, NAIT Main Campus  
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**TICKETS:** \$21.50 (includes reception)  
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## Celebrity tweets



**Howard Stern**  
[@HowardStern]

Watching american idol. I have gas but I'm holding it in out of respect for my wife.



**Chris Colfer**  
[@chriscolfer] I

waste so much thought searching for plots in music videos.  
\* METRO



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# CARE enough to walk in their shoes

► Celebrity fitness trainer Ramona Braganza shares her new cause: CARE Canada's Walk in Her Shoes



RAMONA BRAGANZA  
LIFE@METRONEWS.CA

Get ready to do some serious walking.

I always considered walking to be a terrific way to get fit, so when CARE got in touch with me to help them out with such a unique and worthy cause, I was more than excited to participate. CARE's Walk in Her Shoes is not only a great way to get fit, but to also experience what it must feel like to be one of millions of women and girls around the world who must walk an average of six kilometres (8,000 steps) a day to collect water or firewood, all the while carrying the equivalent of a heavy suitcase just to survive.

Here in Canada, the average person walks only 2,000 steps a day. For us walking is not a means of survival, but it can be a great way to get fit. Walking 8,000 steps over the course of a day has such great benefits: studies show that walking can, among other things, reduce the risk of heart disease, lower blood pressure and reduce body fat. It requires no special training and no special equipment, and it's something we are meant as humans to do naturally.

Also, it can be a lot of fun.

Participating in the Walk in Her Shoes one week challenge is a great



## To take part

To help break the cycle of poverty and in celebration of the 100th anniversary of International Women's Day on March 8, CARE is challenging Canadians to either walk 8,000 steps a day from March 2, finishing on International Women's Day; or, build their own Walk in Her Shoes challenge, setting their own step count and timeframe.

► Visit [care.ca/walkinhershoes](http://care.ca/walkinhershoes) and sign-up for Walk in Her Shoes or make a donation to support the challenge and CARE's work.

► For more tips from Ramona Braganza, visit [metronews.ca/walkinhershoes](http://metronews.ca/walkinhershoes)

way to get hooked on walking on a regular basis. The pedometer you receive is a great tool to keep you accountable — almost like having a trainer right there beside you.



► CARE's challenge to Canadians: Walk 8,000 steps every day from March 2 until International Women's Day on March 8, or build your own Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

As a trainer I have a few tips that I'll share with you over the next two weeks as I train along-side other Walk in Her Shoes participants. Visit [metronews.ca/walkinhershoes](http://metronews.ca/walkinhershoes) to learn more.

Walk in Her Shoes challenge, setting a step count and timeframe that works best for you.

The most important tip to help you get started: Wear proper shoes. They must fit well, flex well and

give you enough support. Walking shoes should be flat.

Comfortable running shoes work best for most walking programs.

# 3

life

## Fitness future



Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her third story appears on [Metronews.ca](http://Metronews.ca) today and concludes with a wrap up story in the Feb. 28 edition of Metro.

● METRO



Self-injury YouTube videos may reinforce behaviour among viewers, study suggests

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## Thoughts on... Mistakes

**ADVICE** It is easy to be negative about past mistakes, but our past helps us to advance to higher levels of living and loving. They are the building blocks that help us to shape our life.

Some of us have emerged from these mistakes with strong insights about who we are and what we want.

Our mistakes? Necessary. Our frustrations, failures and detours? Also necessary. Each step of the way, we learn. We go through exactly the experiences we need to become who we are today. So, is our past a mistake? No. The only mistake would be to believe otherwise.

Shift your perspective and be grateful for everything that has brought you to this moment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. [AWAKENINGSCANADA.COM](http://AWAKENINGSCANADA.COM)

# Cold weather conditioning

► How to keep your fitness routine on track in winter

## DAILY SQUEEZE

### LARRY TRACK

A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON [DAILYSQUEEZE.CA](http://DAILYSQUEEZE.CA).



Staying in shape through the winter months can be a challenge. But maintaining an exercise routine should be a part of your lifestyle throughout the entire year. Here are my top four tips for staying motivated as the mercury drops.

#### 1. Get outside

Take advantage of the colder season by participating in activities you can only do this time of year, such as skiing, snowboarding or ice-skating.



► Try new things to keep you active even when it's cold out.

#### 2. Stay inside

If the weather is dreadful outside, stay motivated by introducing variety into your workouts. Try purchasing a new fitness toy, medicine ball, jump rope, exercise video or stability ball.

#### 3. Drink more

When exercising in cold weather, it's harder to

gauge your fluid loss, but it is still easy to become dehydrated. Fluid replacement is essential, even in chilly weather. Water is best.

#### 4. Plan for indoor fitness

Rain and snow are no excuse. Plan ahead by finding an indoor location before you need it.

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CHRISTOPHER THRALL  
FOOD@METRONEWS.CA

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Rating: 2.5 out of 5

Our friendly server was eager to please and our wait brief enough before two plates were delivered, the second carrying a stack of blueberry, grain and nut pan-

cakes. Six strips of bacon in my omelette was plenty, and I was enjoying the balance of Cheddar and Monterey Jack when I bit into a



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horrid "cheese sauce" inside. I finished all the unsauced meat and egg I could find and scarfed some of the tasty, satisfy-

ing pancakes. Also left unfinished was my swiss mocha coffee (\$2.69) with its oily aftertaste.

Several staff and managers checked to see if everything was OK, and seemed concerned with my replies, but I still paid full price for the third of the food my family ate.

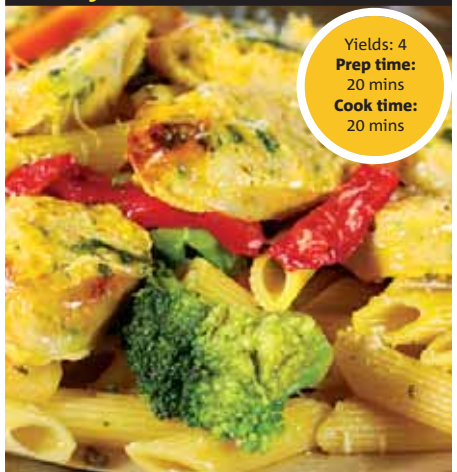
The American-ness of IHOP is unmistakable:

Huge mounds of inexpensive food satisfy the

hunger and overfeed the body.

Some of it tastes very good. But IWON'T be jumping to IHOP again any time soon.

## Turkey and Broccoli Pasta



Yields: 4  
**Prep time:**  
20 mins  
**Cook time:**  
20 mins

**EMILY RICHARDS**  
FOOD@METRONEWS.CA

A quick way to add fresh broccoli to your pasta is to cook it in the same water for a couple of minutes.

You can use any of your favourite short pasta like shells, rotini or rigatoni for this pasta dish.

You can also use leftover chicken or turkey for this weeknight meal.

### Preparation:

**1** In non-stick non-stick skillet heat oil over medium heat and cook onion, garlic, oregano and chillies for about 5 minutes or until softened. Add tomatoes and salt; bring to boil. Reduce heat and simmer for about 15 minutes or until thickened.

**2** Meanwhile in large pot of boiling salted water cook pasta for 8 minutes. Add broccoli and cook for 2 minutes or until pasta and broccoli are tender but firm. Drain and return to pot. Add tomato

### Ingredients:

- 1 tbsp (15 mL) extra virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) dried oregano leaves
- Pinch hot pepper flakes
- 1 can (28 oz/796 mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- Pinch pepper
- 4 cups (1 L) penne rigate pasta
- 3 cups (750 mL) chopped fresh broccoli
- 6 oz (180 g) deli sliced roast turkey, chopped
- 1/4 cup (50 mL) chopped fresh Italian parsley
- 1/3 cup (75 mL) grated Parmesan cheese

sauce, turkey, parsley and Parmesan and toss to coat.

**Tip:** You can purchase flavoured chicken or turkey in the deli.

**EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMLYRICHARDSCOOKS.CA.**



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# LIFE IS FULL OF SURPRISES



► Monika & Tomasz

**Names:** Monika, 35, and Tomasz, 33

**Hometown:** Edmonton

**Together since:** 2008

## Their story:

If there is one thing I (Monika) know for sure, it's that life is full of surprises, so be prepared!

I met my husband two years ago, thanks to "Our Class" — a sort of Polish

Facebook.

Tom came across my profile as we had some mutual friends. When he noticed that we grew up in the same city in Poland, and that we both lived in Dublin at that time, he decided to email me.

Normally I wouldn't reply to strangers, but something just told me to write back.

After few days of emailing, we decided to meet. Before our first date, Tom told his friends that he had a feel-

ing I would become his wife.

We started dating and were soon spending every minute together.

After a few months, I received a lovely birthday present: Tom whisked me away to Paris for a fantastic getaway! One night was particularly special: We went for a dinner near the Eiffel Tower.

er and Tom proposed to me at midnight — I immediately said yes! In 2009, we were married in Poland. We moved to Edmonton shortly thereafter to begin our new life as husband and wife.

**WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY**

## Smug Marrieds

**ANGELA PACIENZA & DEREK CHEZZI**

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TWITTER: @SMUGMARRIEDS



## ACCEPTING THE ABSENT-MINDED

**How come my husband always forgets stuff? I will call him at work to remind him, and it doesn't matter how many times I text him — he never comes home with the stuff I've asked for. Why? And what can I do to get him to remember?**

**Derek says...**

Sounds like you're doing all the right things, but some leopards can't change their spots. Certain guys aren't hardwired for this stuff. I'm not making excuses for him, I'm just saying.

**Angela says...**

Yeeesh! If texting doesn't work, maybe

he needs to phone you as he's heading home for a verbal reminder?

The reality is that some people are just absent-minded no matter how hard they try.

And in a relationship, there will be one partner who is dominant when it comes to remembering to bring home bread and broccoli for dinner.

But maybe the other will remember when the car needs an oil change. If it all balances out, just accept — and embrace — the absent-minded professor in your life.

Hopefully he's aware he forgets and compensates in other areas.

# Before-you-borrow ifs

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



Here's how borrowing to contribute to your RRSP (in the biz world it's called leveraging), is supposed to work. You take out a loan, make the contribution, get a tax deduction and, hopefully, a refund. You repay the loan, the investments grow and you live happily ever after.

It's a great idea, on paper. In reality, I rarely see it work. People invariably fail to look at their own behaviour. If you haven't been able to make the RRSP contributions throughout the year, how are you going to pay back

the loan?

I'm not ruling out borrowing for your RRSP contributions — but only if you can say yes to these five IFs.

**If you have a taxable income** You'd be shocked how often those with contribution room, but no taxable income, contemplate borrowing to deposit money in their RRSPs.

Obviously, the higher your marginal tax rate, the better the strategy looks. But don't forget that interest on money borrowed to contribute to an RRSP is not tax deductible.

**If you don't have high interest, non-mortgage debt** It makes absolutely no sense to borrow money for an RRSP when you're already



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paying high rates on credit card debt, (usually

between 12 and 19 per cent), or on retail card balances (up to 29.9 per cent).

the debt, and I agree. By not paying it off within a year you risk making it a permanent part of your

debt load.

**If you can invest the money wisely** There's nothing more disheartening than borrowing to contribute to your RRSP then seeing that money shrink by 20 or 30 per cent because of stock market losses.

## Money matters

**If you can say yes to the five IFs, take a look at Credit Canada's RRSP loan calculator to see how it might work out for you.**  
[crediteducationweekcanada.com/calculators/rrsploan.html](http://crediteducationweekcanada.com/calculators/rrsploan.html)



► Be realistic. Are you ready for your newfound riches?



# Rethinking your retirement

◆ Good planning starts with asking the right questions ◆ A financial planner can help you address your unique situation at all stages of life

Have you contributed to an RRSP?

This is an important consideration for many Canadians, although it's not necessarily the only question to ask when it comes to planning for your retirement.

"Good planning starts with asking the right

questions," says Cary List, president and CEO of the not-for-profit organization Financial Planning Standards Council (FPSC).

"One of the most important questions Canadians should ask themselves is: Do I have a comprehensive financial plan that addresses my unique life goals, including those for retirement?"

A recent FPSC study confirmed that 61 per cent of Canadians with comprehensive financial plans feel confident in their ability to retire compared with only 27 per cent who seek no planning advice.

## Ask an advisor:

- ▶ How can I balance saving for both today's needs and retirement without sacrificing my most important priorities and goals along the way?
- ▶ When do I plan to retire, and what kind of lifestyle do I want?
- ▶ What are my expected sources of income in retirement (such as pensions, savings, inheri-

Additionally, the study revealed that these folks are also finding ways to put aside money for other life priorities along the way.

FPSC encourages Canadians to talk to a certified financial planner about their life goals, including retirement, to create a meaningful financial plan.

tances or sale of a business)?

- ▶ What do I want my legacy to be and how might I include planned giving in my financial plan?
- ▶ What unique personal circumstances need to be considered in my financial and retirement planning?
- ▶ Should I invest in RRSPs, TFSA's and/or non-registered investments? How does my retirement plan fit in with my overall comprehensive plan?

"Asking the right questions with a CFP professional can make all the difference when it comes to ensuring your financial plan uniquely addresses your situation for all stages of life," adds List.

You can learn more about financial planning online at fpsc.ca.

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the **INSOMNIA** study



# The great pension debate

► At some point you will have to make a choice about your pension ► Should you keep it with your employer, or should you take a lump sum cash payment and roll it into an RRSP?

## INVESTING

TALBOT BOGGS

THE CANADIAN PRESS



It's now estimated that fewer than 40 per cent of Canadians are covered by a registered pension plan.

A report by the Certified General Accountants Association of Canada (CGAAG) concludes that "the ability of Canadians to maintain a financially comfortable and healthy lifestyle after retirement has become one of the nation's most vexing challenges."

Canadian workers will at some point in their careers have to make a choice about their pensions — whether they keep it with their employer or whether they take their contributions in a lump sum cash payment.

"What's the best choice to make?" asks Scott Gerlitz, a financial adviser with Edward Jones in Calgary. "It's a big question. Unfortunately, many people don't know all their options and all the factors they should consider."

Many pensions don't have inflation protection. Most Canadians can expect to live in retirement for 30 to 35 years. An annual inflation rate of three per cent a year over 30 years can significantly reduce the buying power of a fixed pension at the end of that 30-year period.

Some options include taking your lump sum and rolling it into a personal RRSP or Locked-in Retirement Account (LIRA) and investing it in income-generating investments, such as GICs, bonds or blue chip dividend-yielding equities, which can grow over the years and provide protection against inflation.



► Build a better future by planning for your retirement.

You've also got to think about the long-term future and viability of your pension payer. Just think of Nortel and Enron. "If people had drawn their pensions they'd have all of it instead of zero," says Gerlitz. "As well, defined benefit pensions are going the

way of the dodo bird."

There are basically two types of retirement plans: Defined Benefit plans pay fixed amounts, typically between 60 to 70 per cent of the worker's salary.

Defined Contribution plans, however, have a fixed contribution, usually

based on a percentage of the employee's salary and a portion of that matched by the employer, with the employee taking full responsibility for managing the money. "You need to know what kind of person you are and how responsible an investor you are,"

Gerlitz says. "Studies have shown that people spend more time planning their vacations than they do their retirement."

Also consider what happens if you die. Depending on the plan, the surviving spouse usually is entitled to between 50 to 66 per cent.

### Income splitting

Pension income splitting can be a smart way to save on taxes, especially if you're retired or nearing retirement.

"You can split registered pension plan income with your spouse and help save taxes, but you should also make sure you don't cause yourself other problems," said David Ablett, a retirement planning expert at Investors Group. "For example, many people aren't aware that increasing the income of the lower taxed spouse could have an impact on various credits and benefits such as claiming medical expenses."

Financial tips and investment information are available online at [investorsgroup.com](http://investorsgroup.com).

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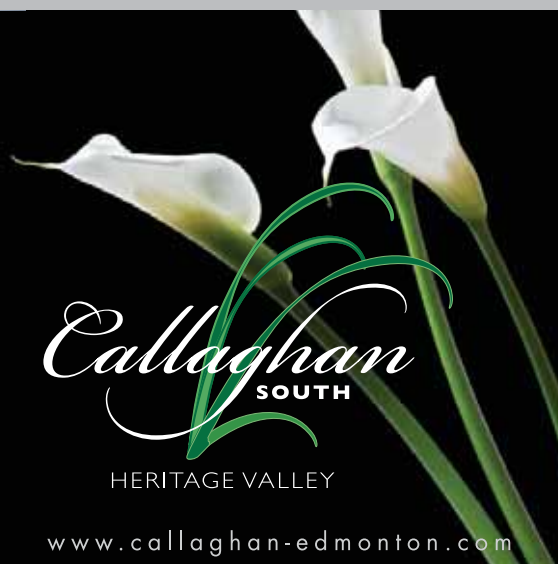
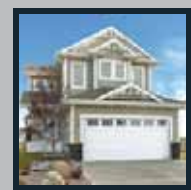
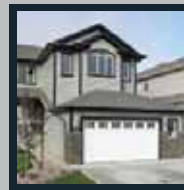
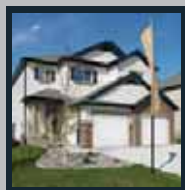
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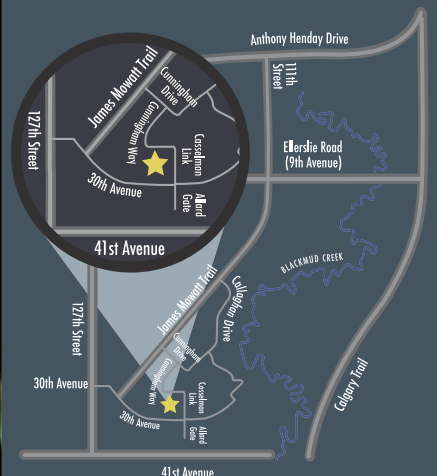
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## Working after 65 can impact RRSPs

With mounting evidence that they are not financially prepared for retirement, it shouldn't come as a surprise that many Canadian boomers are expecting to work longer than they anticipated to help fund their retirement lifestyle.

About six per cent of Canadian workers continue to work full-time after age 65. However, research indicates Canadians are expecting to work longer.

A survey by AXA, for example, has found that many Canadians believe they will now have to take retirement later than they originally thought, and the majority (57 per cent) can't estimate what their retirement income will be.

But working in retirement can have an impact on people's Registered Retirement Savings Plans (RRSPs).

"If you do work in retirement you will need to assess when and how much you should take out or convert into a Registered Retirement Income Fund (RRIF)," says Dave Ablett, Director of Tax and Retirement Planning with Investor's Group.

If your work in retirement can sustain your lifestyle, you may be able to postpone converting your RRSP into a RRIF to the mandatory age of 71.

If it can't, you may want to convert some of your savings in order to supplement your working income.

If you are over 65 and continue to work you can continue to contribute to your RRSP and you may be able to contribute to a spousal RRSP. All provinces in the country have eliminated a mandatory retirement age.

● TALBOT BOGGS,  
THE CANADIAN PRESS

# 57%

of Canadians can't estimate what their retirement income will be, according to AXA. Many believe they will have to retire later than they thought.

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## 3 LAST-MINUTE RRSP TIPS

### Find an advisor

- ▶ Chasing returns or the next big thing can only lead to disappointment. Guidance from an experienced investment advisor will take emotion out of the mix and help you meet your financial goals. More information on finding an advisor is available on websites like franklintempleton.ca.

### Contribute now

- ▶ Don't worry about how to invest your RRSP contribution. Temporarily park your contribution in a money market fund today and rebalance your portfolio tomorrow.

### Diversify, diversify, diversify

- ▶ Canada's equity market represents only about five per cent of the world's entire stock market. It makes sense to diversify your portfolio and invest in global markets. Consider different asset classes to limit risk.

NEWS CANADA



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# 4

sports

## Oilers preview

**Oilers at Wild**  
6 p.m.  
TV: SNET-W  
Radio: 630 CHED



The league's worst team takes a rare hot streak to Minnesota. Edmonton (19-32-8) got a boost after Taylor Hall scored a hat trick to rally the team past Atlanta on Saturday. The Oilers hold just 46 points, and trail Colorado by nine points in the Western Conference.



Minnesota (31-22-6) is in the playoff race, albeit just barely. The Wild are in seventh place in the Western Conference, but a win over Edmonton will put them in a three-way tie for fifth with Calgary and Nashville. Minnesota is already undefeated through three games against the Oilers this season.

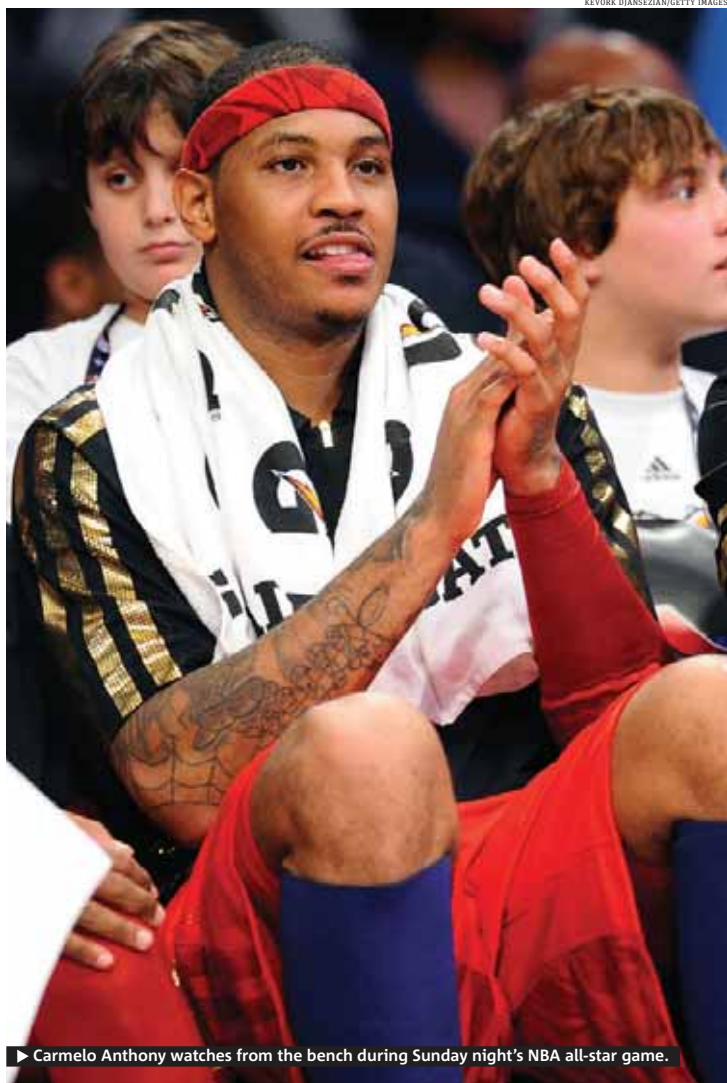
THE CANADIAN PRESS



Scan code for more sports

# Anthony appears Big Apple bound

KEYWORD: DIANEZIAN/GETTY IMAGES



► Carmelo Anthony watches from the bench during Sunday night's NBA all-star game.

► Season's worth of rumours reportedly over with trade to N.Y.

The Knicks have agreed to a trade with the Denver Nuggets for Carmelo Anthony, a person familiar with the deal told The Associated Press last night.

The deal that would end the trade saga involving Denver's all-star forward can't be finalized until today during a conference call with the NBA office. Assuming it goes through, it puts Anthony alongside Amare Stoudemire in a potential explosive frontcourt — at a heavy cost for the Knicks.

The person provided no other details of who was in the deal, which was first reported yesterday by the Denver Post. The person spoke to the AP on condition of anonymity because he was not authorized to comment publicly on the trade.

The Post, citing a league source, said the Knicks would send Wilson Chandler, Raymond Felton, Danilo Gallinari, Timofey Mozgov and a 2014 first-round draft pick to the Nuggets, who would get additional picks and cash.

Along with Anthony, New York would acquire Chauncey Billups, Shelden Williams, Anthony Carter and Renaldo Balkman, according to the Post.

The Nuggets have explored an Anthony trade since he refused to sign the three-year contract extension worth nearly \$65 million US they offered him

## Costly asset?

Anthony stood to be the headliner of the 2011 free-agent class, but didn't want to risk free agency knowing a new collective bargaining agreement could cost him millions.

► Denver GM Masai Ujiri and team president Josh Kroenke began trade talks so they wouldn't lose him like the Cavaliers did LeBron James and the Raptors did with Chris Bosh last year.

► The Knicks will make their playoff run without four of the team's top six players. There is some thought the Knicks are giving up too much to get Anthony.

last summer. They appeared on the verge of sending him to the New Jersey Nets multiple times.

Anthony was believed to prefer New York all along.

Denver coach George Karl said there was "some sadness" to the deal, which sends away not only Anthony but Billups, the popular Denver native. But he added it was "time to move on, reinvent."

Anthony led the Nuggets to the playoffs in each of his first seven seasons after winning a national title at Syracuse as a freshman and had them positioned for another playoff run this year. Denver advanced out of the first round just once in that time. THE ASSOCIATED PRESS

## Raonic continues to rocket up tour ranks

Despite losing Sunday's final in Memphis, Tenn., Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill, Ont., jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest-ranked Canadian singles player in the history of the ATP.

**119** Raonic has moved up 119 spots in the ATP rankings since the end of 2010.

Vancouver's Rebecca Marino, meanwhile, vaulted 20 places to No. 60 in the WTA rankings. The 20-year-old reached Saturday's final in Memphis but had to retire with a left abdominal strain down 6-2 to Magdalena Rybarikova of Slovakia.

Raonic was beaten 7-6 (7), 6-7 (11), 6-4 by American Andy Roddick in the final of the Regions Morgan Keegan Championships on Sunday. Roddick remained at No. 8 in the rankings.

Raonic earned \$122,000 US as runner-up.

The hard-serving Canadian had won the previous weekend in San Jose, Calif., and his record stands at 12-3 this season.

THE CANADIAN PRESS

## Sports in brief

### Pens trade for scoring help

NHL. The Pittsburgh Penguins began addressing their banged-up lineup by acquiring forward James Neal from the Dallas Stars for defenceman Alex Goligoski.

The Penguins also got defenceman Matt Niskanen in the deal yesterday.

Neal is in his third NHL season and has 21 goals and 39 points in 59 games. THE ASSOCIATED PRESS

### Twins' Morneau arrives at camp

MLB. Several of Justin Morneau's teammates greeted him in the clubhouse with big bear hugs.

The first baseman from New Westminster, B.C., checked into Hammond Stadium yesterday, a day ahead of the reporting date for position players.

Morneau's arrival has been eagerly anticipated after he missed the second half of last season with a concussion.

THE CANADIAN PRESS



## NATIONAL HOCKEY LEAGUE

### EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	59	39	15	2	3	196	149	83	19-8-0-2	20-7-2-1	7-3-0-0	W1
d-Tampa Bay	59	34	18	3	4	179	185	75	19-7-1-3	15-11-2-3	5-3-0-2	L3
d-Boston	59	33	19	2	5	185	144	73	15-12-1-2	18-7-1-3	5-5-0-0	W2
Pittsburgh	61	36	20	2	3	178	147	77	20-11-1-0	16-9-1-3	4-5-0-1	L2
Washington	61	32	19	5	5	165	153	74	17-7-2-5	15-12-3-0	5-4-0-1	W2
Montreal	60	31	22	4	3	154	154	69	19-7-3-3	12-15-0-1	4-4-0-2	L3
NY Rangers	61	31	26	2	2	168	152	66	14-14-1-2	17-12-1-0	2-7-0-1	L2
Carolina	60	28	24	4	4	174	184	64	15-10-1-1	13-14-3-3	3-5-2-0	L1
Buffalo	58	27	25	6	0	166	171	60	12-15-2-0	19-10-4-0	5-4-1-0	L3
Atlanta	60	25	25	4	6	173	197	60	13-12-1-4	12-13-3-2	2-7-1-0	L3
Florida	59	25	27	3	4	155	163	57	12-11-3-3	13-16-0-1	3-5-1-1	L1
Toronto	59	25	27	3	4	150	179	57	13-11-3-3	12-16-0-1	6-2-1-1	L1
New Jersey	59	25	30	3	1	128	161	54	13-13-2-1	12-17-0-1	9-0-1-0	W7
NY Islanders	60	23	30	3	4	166	196	53	12-14-1-3	11-16-2-1	7-3-0-0	W2
Ottawa	59	19	31	5	4	132	194	47	9-16-3-2	10-19-3-1	2-6-1-1	W1

### WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	60	38	13	4	5	202	142	85	21-4-1-4	17-9-3-1	7-3-0-0	W1
d-Detroit	59	37	16	4	2	199	169	80	17-8-3-1	20-8-1-1	7-3-0-0	W5
d-Phoenix	60	32	19	6	3	172	167	73	15-10-3-2	17-9-3-1	8-2-0-0	W7
San Jose	60	33	21	4	2	167	154	70	15-10-2-1	18-11-2-1	7-2-0-1	W3
Nashville	59	31	20	5	3	156	139	70	14-6-4-3	17-14-1-0	4-4-1-1	L1
Calgary	61	31	22	3	5	185	175	70	18-9-1-2	13-13-2-3	7-1-1-1	W3
Los Angeles	59	32	23	2	2	163	142	68	17-9-1-0	15-14-1-2	6-1-1-2	L2
Dallas	59	31	22	2	4	164	171	68	17-8-3-2	14-14-0-1	2-7-1-0	L4
Minnesota	59	31	22	1	5	154	158	68	15-12-0-3	16-10-1-2	6-3-0-1	L1
Anaheim	60	32	24	2	2	169	176	68	17-9-0-1	15-15-2-1	6-4-0-0	L3
Chicago	60	31	23	2	4	191	169	68	18-14-0-0	13-9-3-3	5-3-0-2	W2
Columbus	58	29	23	3	3	159	175	64	14-13-0-2	15-10-3-1	5-4-0-1	W1
St. Louis	58	27	22	4	5	163	172	63	18-9-1-3	9-13-3-2	5-3-1-1	L1
Colorado	59	25	27	7	0	173	202	57	14-14-0-0	11-13-3-0	0-5-1-0	L10
Edmonton	59	19	32	1	7	150	198	46	10-17-1-3	9-15-1-3	4-6-0-0	W3

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

#### Yesterday's results

Chicago 5 St. Louis 3  
N.Y. Islanders 5 Florida 1  
Washington 1 Pittsburgh 0  
Sunday's results  
Calgary 4 Montreal 0  
Chicago 3 Pittsburgh 2 (SO)  
Detroit 2 Minnesota 1 (SO)  
Philadelphia 4 N.Y. Rangers 2  
Washington 2 Buffalo 1  
Tonight's games

N.Y. Islanders at Toronto, 7 p.m.  
Phoenix at Philadelphia, 7 p.m.  
N.Y. Rangers at Carolina, 7 p.m.  
San Jose at Detroit, 7 p.m.  
Nashville at Columbus, 7 p.m.  
Edmonton at Minnesota, 8 p.m.  
Colorado at St. Louis, 8 p.m. (rescheduled from Feb. 1)  
New Jersey at Dallas, 8:30 p.m.  
Montreal at Vancouver, 10 p.m.

#### ISLANDERS 5, PANTHERS 1

**First Period**  
1. N.Y. Islanders, Moulson 24 (Tavares, Hamonic) 7:40  
2. N.Y. Islanders, Moulson 25 (Parenteau, Hamonic) 14:58  
**Penalties** — Garrison Fla (holding) 12:35, Weiss Fla (elbowing major, game misconduct) 15:40.  
**Second Period**  
4. N.Y. Islanders, Martinek 2 (Nielsen) 0:37 (pp)  
5. N.Y. Islanders, Bailey 9 (Comeau, MacDonald) 6:41  
**Penalties** — Hamonic NYI (hooking) 2:09, Ellerby Fla (holding) 9:37, Bernier Fla (fighting), Hamonic NYI (instigator, instigator, fighting; served by Haley) 18:36.  
**Third Period**  
5. Florida, Santorelli 17 (Garrison, Wideman) 10:34 (pp)  
6. N.Y. Islanders, Moulson 26 (Hillen, Konopka) 17:23 (en)  
**Penalties** — Allen Fla (interference) 3:41, Martinek NYI (tripping) 8:38, Hillen NYI (delay of game) 19:55.

**Shots**  
Florida 3 9 9-21  
N.Y. Islanders 16 9 12-37  
**Goal** — Florida: Vokoun (L.19-21-4); N.Y. Islanders: Montoya (W.3-0-0), **Power plays (goals-chances)** — Florida: 1-5; N.Y. Islanders: 1-5.

**Att.** — 13,729 (16,234) at Uniondale, N.Y.

#### HAWSK 5, BLUES 3

**First Period**  
1. St. Louis, McDonald 13 (Berglund, Pietrangelo) 15:04 (pp)  
2. St. Louis, Boyes 12 (Oshie, Winchester) 16:49

**Penalty** — Brouwer Chi (interference) 14:24.  
**Second Period**  
3. Chicago, Stalberg 9 (Kopecky, Johnson) 2:18  
4. Chicago, Bolland 13 (Hossa, Bickel) 3:18  
5. Chicago, Kane 20 (Toews, Sharp) 6:29  
6. Chicago, Toews 20 (Kane, Seabrook) 12:40 (pp)  
**Penalties** — Backes STL (slashing) 12:14, Kane Chi (high-sticking) 18:27.  
**Third Period**  
7. St. Louis, Pietrangelo 7 (Oshie, Berglund) 8:48  
8. Chicago, Hossa 13 (Seabrook, Johnson) 19:59 (en)  
**Penalties** — None.

**Shots**  
Chicago 9 10 7-26  
St. Louis 15 14 5-34  
**Goal (shots-saves)** — Chicago: Crawford (W.20-12-3); St. Louis: Bishop (L.1-1-0)(18-14), Conklin (12:40 second)(7-7). **Power plays (goals-chances)** — Chicago: 1-1; St. Louis: 1-2.  
**Att.** — 19,150 (19,150) at St. Louis.

#### SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	45	77
Stamkos, TB	40	35	75
H.Sedin, Vcr	14	58	72
St. Louis, TB	20	49	69
Crosby, Pgh	32	34	66
Perry, Ana	30	36	66
Zetterberg, Det	17	48	65
B.Richards, Dal	24	39	63
Ovechkin, Wash	23	38	61
E.Stral, Car	27	31	58
Iginla, Cal	25	32	57
Kesler, Vcr	33	23	56
Eriksson, Dal	19	36	55
Sellanne, Ana	19	36	55
Kopitar, LA	17	38	55
Giroux, Pha	20	34	54

Not including last night's games

## GAMES

### CANADA GAMES

#### MEDAL STANDINGS

MEDAL STANDINGS				
At Halifax				
Province	Gold	Silver	Bronze	Total
Quebec	27	26	18	71
B.C.	14	14	16	44
Ontario	14	13	14	41
Alberta	12	11	16	39
Saskatchewan	4	2	3	9
Manitoba	2	2	4	8
N.B.	0	2	3	5
N.L.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

## SOCCER

### SPAIN

#### LA LIGA

Yesterday's result  
Real Sociedad 1 Mallorca 0

### ENGLAND

#### FA CUP

Fifth round  
Yesterday's result  
West Ham 5 Burnley 1

## TENNIS

### WTA QATAR LADIES OPEN

#### At Doha, Qatar

##### Singles

##### First Round

Lucie Safarova, Czech Republic, def. Agnieszka Radwanska (7), Poland, 7-6 (3), 6-3.  
Marion Bartoli, France, def. Alisa Kleybanova, Russia, 7-5, 6-2.  
Nadia Petrova, Russia, def. Roberta Vinci, Italy, 6-4, 6-2.

#### ATP DUBAI DUTY FREE CHAMPIONSHIPS

##### At Dubai, United Arab Emirates

##### Singles

##### First Round

Tomas Berdych (3), Czech Republic, def. Jeremy Chardy, France, 6-2, 6-3.  
Sergei Bubkic, Ukraine, def. Ivan Ljubicic (5), Croatia, 6-1, 0-1 (retired).  
Ernesto Gulbis (8), Latvia, def. Michael Berrer, Germany, 6-3, 6-4.  
Philipp Petzschner, Germany, def. Andreas Seppi, Italy, 3-6, 7-6 (2), 6-2.  
Lukas Rosol, Czech Republic, def. Karol Beck, Slovakia, 7-6 (3), 6-3.  
Richard Gasquet, France, def. Grigor Dimitrov, Bulgaria, 6-2, 6-4.  
Florian Mayer, Germany, def. Jarkko Nieminen, Finland, 6-4, 6-2.

#### ATP WORLD TOUR RANKINGS

##### Through Feb. 20

1. Rafael Nadal, Spain, 12390  
2. Roger Federer, Switzerland, 7965  
3. Novak Djokovic, Serbia, 7880  
4. Robin Soderling, Sweden, 6055  
5. Andy Murray, Britain, 5760  
6. David Ferrer, Spain, 4510  
7. Tomas Berdych, Czech Republic, 4270  
8. Andy Roddick, United States, 3735  
9. Fernando Verdasco, Spain, 3140  
10. Jurgen Melzer, Austria, 2865  
11. Mikhail Youzhny, Russia, 2710  
12. Gael Monfils, France, 2560  
13. Nicolas Pietrangelo, Spain, 2320  
14. Ivan Ljubicic, Croatia, 2145  
15. Stanislas Wawrinka, Switzerland, 2125  
16. Marfy Fish, United States, 2121  
17. Jo-Wilfried Tsonga, France, 1975  
18. Viktor Troicki, Serbia, 1670  
19. Milos Raonic, Thornhill, Ont., 1134

## TRANSACTIONS

### BASEBALL

#### MLB

##### AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with RHP Robbie Weinhardt, LHP Andy Oliver, LHP Daniel Schlereth, LHP Brad Thomas, INF Cale Long and INF Will Rhymes on one-year contracts.

SEATTLE MARINERS—Agreed to terms with RHP Doug Fister, RHP Jose Flores, LHP Cesar Jimenez, RHP Josh Lueke, RHP Yorvis Medina, LHP Edward Paredes, RHP Michael Pineda, LHP Mauricio Robles, RHP Chaz Roe, RHP Tom Wilhelmson, INF Alex Liddi, INF Matt Mangini, INF Justin Smoak, INF Matt Tuasosopo, OF Joehymn Chavez and OF Carlos Peguero on one-year contracts.

#### NATIONAL LEAGUE

ATLANTA BRAVES—Signed executive vice president and general manager Frank Wren to a two-year contract extension through the 2013 season.

HOUSTON ASTROS—Agreed to terms with RHP Alberto Ariza on a one-year contract.  
NEW YORK METS—Named Dave Jauss coordinator of staff development, Brian Chicko medical coordinator, Rick Tomlin roving pitching instructor, Mark Brewer short-season roving pitching instructor, Jack Voigt outfielding/baserunning coordinator and Randy Niemann rehabilitation pitching coordinator.  
WASHINGTON NATIONALS—Announced RHP Luis Adriano cleared waivers and was assigned to Syracuse (IL).

#### AMERICAN ASSOCIATION

AMARILLO SOX—Traded INF Javier Brito to Sioux City for RHP Chad Povich and a player to be named.  
FORT WORTH CATS—Signed RHP Doug Hurn.

#### CAN-AM LEAGUE

NEW JERSEY JACKALS—Signed LHP Isaac Pavik.  
WORCESTER TORNADES—Signed INF Abraham O. Nunez.

#### FRONTIER LEAGUE

GATEWAY GRIZZLIES—Signed SS Jeremy Cresswell and OF Lyndon Estill.  
JOLIET SLAMMERS—Signed LHP Keith Rizer, RHP Spencer Roberts, OF Nate Shaver and OF Clint Stroud.  
LAKE ERIE CRUSHERS—Signed RHP Matt Smith to a contract extension.  
NORMAL CORNBELTERS—Signed OF Colin Morale.

## FOOTBALL

### NFL

CINCINNATI BENGALS—Named James Urban receivers coach.  
MIAMI DOLPHINS—Named Bryan Cox pass rush coach.  
MINNESOTA VIKINGS—Designated LB Chad Greenway as the franchise player.

## HOCKEY

### NHL

OTTAWA SENATORS—Assigned G Pascal Leclaire to Binghamton (AHL) for conditioning.  
ST. LOUIS BLUES—Assigned D Tyson Strachan to Peoria (AHL).

VANCOUVER CANUCKS—Called up C Cody Hodgson from Manitoba (AHL). Sent D Evan Oberg to Manitoba.

### AHL

CONNECTICUT WHALE—Signed F Alexandre Imbeault. Reassigned G Cameron Talbot to Greenville (ECHL).

### ECHL

READING ROYALS—Announced D Louis Liotti was loaned to Lake Erie (AHL). Acquired G Bobby Jozos from South Carolina for future considerations. Released G Shane Davis. Announced F Ryan Crutcher was assigned to the team by Hershey (AHL).

## CURLING

### SCOTTIES TOURNAMENTS OF HEARTS

#### At Charlottetown

##### Round Robin

Province (Skip)	W	L
Ontario (Homan)	5	0
Saskatchewan (Holland)	5	0
Canada (J.Jones)	3	2
Alberta (Kleibrink)	3	2
Nova Scotia (Smith-Dacey)	3	2
Quebec (Laroche)	2	3
New Brunswick (A.Kelly)	2	3
P.E.I. (Birt)	2	3
B.C. (K.Scott)	2	3
Manitoba (Overton-Clapham)	1	4
NWT/Yukon (Galusha)	1	4
N.L. (S.Deveaux)	1	4

#### Yesterday's results

Sixth Draw  
Ontario 8 Prince Edward Island 2  
Saskatchewan 8 Alberta 6  
Seventh Draw  
Canada 9 New Brunswick 3  
Northwest/Yukon Territories 6 Newfoundland & Labrador 5  
Nova Scotia 12 British Columbia 6  
Quebec 7 Manitoba 6  
Eighth Draw  
Alberta 8 Newfoundland & Labrador 5  
Ontario 6 British Columbia 5  
Prince Edward Island 8 Canada 6  
Saskatchewan 7 Quebec 6  
Sunday's results

Third Draw  
British Columbia 6 Manitoba 4  
Canada 12 Northwest/Yukon Territories 1  
Newfoundland & Labrador 10 New Brunswick 4  
Quebec 10 Nova Scotia 5  
Fourth Draw  
Alberta 7 British Columbia 6 (extra end)  
Ontario 7 Newfoundland & Labrador 1  
Prince Edward Island 10 Quebec 5  
Saskatchewan 9 Canada 3  
Fifth Draw  
New Brunswick 9 Manitoba 3  
Nova Scotia 8 Northwest/Yukon Territories 2  
Ontario 10 Alberta 7  
Saskatchewan 10 Prince Edward Island 6  
Today's games

Ninth Draw, 8:30 a.m.  
Nova Scotia vs. Manitoba; Canada vs. British Columbia; New Brunswick vs. North-west/Yukon Territories; Newfoundland & Labrador vs. Quebec.  
Draw 10, 1:30 p.m.  
British Columbia vs. Quebec; Prince Edward Island vs. Alberta; Newfoundland & Labrador vs. Canada; Ontario vs. Saskatchewan.  
Draw 11, 6:30 p.m.  
Northwest/Yukon Territories vs. Saskatchewan; New Brunswick vs. Ontario; Nova Scotia vs. Prince Edward Island; Alberta vs. Manitoba.

## LACROSSE

### NLL

#### EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	9	7	2	.778	101	78	—
Boston	9	6	3	.667	99	81	1
Buffalo	7	4	3	.571	78	67	2
Rochester	8	4	4	.500	72	87	2 1/2
Philadelphia	8	4	4	.500	69	81	2 1/2

#### WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	8	2	6	.250	84	97	3
Colorado	8	1	7	.125	70	94	4

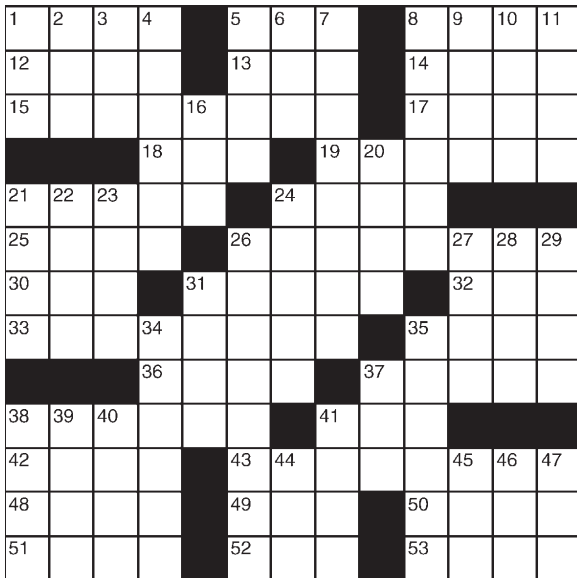
## Crossword

## Across

- 1 St. Louis team  
5 Lingerie item  
8 Tubular pasta  
12 Concept  
13 Chow down  
14 Paradise  
15 Historically significant symbol  
17 Blueprint  
18 Police officer  
19 Yellow-brown colors  
21 Bit part  
24 Black plus white  
25 Palette selections  
26 Canadian city  
30 Greek H  
31 Trio of goddesses  
32 Portion of N.A.  
33 Kingdom  
35 "Animal House" group  
36 Taverns  
37 Run off to wed  
38 Tropical fruit  
41 Past  
42 Grand-scale tale  
43 One-track transport  
48 BIRTHRIGHT barterer  
49 Prior night  
50 Sorts  
51 Umps  
52 Spotted  
53 "Monopoly" card

## Down

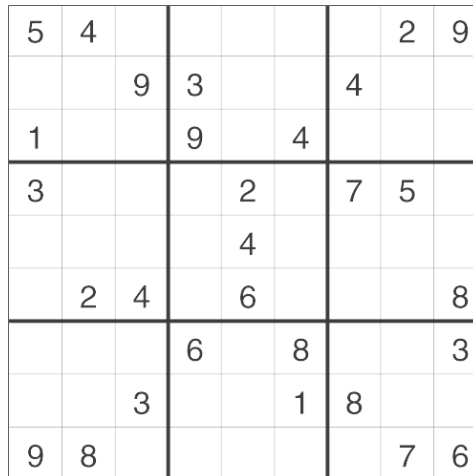
- 1 Edge  
2 Commotion  
3 Chaps  
4 Pasta toppings  
5 Gridlock sound  
6 Operated  
7 Lawyer  
8 Gentle breeze  
9 Not working  
10 Rip  
11 Hostels  
16 Cattle call  
20 Eliot-based musical  
21 Sci. course  
22 Car  
23 Intend  
24 Barbarians  
26 Knotted fringes  
27 Franc replacement  
28 Now, on a memo  
29 Tardy  
31 Unravel



## Friday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's answer



## A look at the weather



## Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



MICHAEL THOMAS / THE ASSOCIATED PRESS

## Today's horoscope

**♈ Aries** March 21-April 20 You may not be getting the breaks you desire, but complaining won't change anything. Take a look at your philosophy of life. Can it be improved in any way? The breaks will come when you break free of old ways.

**♉ Taurus** April 21-May 21 If a friend makes a suggestion today don't reject simply because it does not fit with what you want for yourself. Maybe he or she can see your situation better than you can.

**♊ Gemini** May 22-June 21 No matter how talented you are, there is only so far you can go on your own. The sooner you accept that, the sooner you'll make progress. Work with people who share your aims.

**♋ Cancer** June 22-July 22 The Sun in your fellow Water sign of Pisces will protect you from harm in most situations but that is not an invitation to take silly risks. You're not invincible.

**♌ Leo** July 23-Aug. 23 Focus on the good things in your life and pretend that the bad things do not exist. Is it wishful thinking? Is it self-delusion? Maybe. But reality is what you want it to be.

**♍ Virgo** Aug. 24-Sept. 22 What happens today will test your self-restraint to its limits. Hopefully, you will resist the urge to rant and rave and make accusations because no matter what might have upset you, it's really not worth getting worked up about.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 You might find it hard to make much of an effort today but why should that bother you? Everyone knows what you are capable of, so you really don't have to prove yourself.

**♏ Scorpio** Oct. 24-Nov. 22 The Sun in Pisces endows you with boundless energy. Just because something excites you, does not mean it will excite everyone. We're all different.

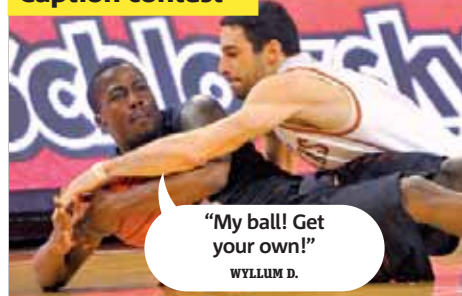
**♐ Sagittarius** Nov. 23-Dec. 21 It is one of the laws of the universe that the more you give, the more you get. So, go all out to bestow good things on other people today. Before you know it, good things will be flowing into your life in abundance.

**♑ Capricorn** Dec. 22-Jan. 20 You may be tough enough to take the slings and arrows of misfortune in your stride, but you don't have to make life difficult for yourself. You certainly don't have to face challenges alone. Get help if you need it.

**♒ Aquarius** Jan. 21-Feb. 18 Stop trying so hard today. That applies to all areas of your life, but especially to your finances. Money will find its way to you when you need it most.

**♓ Pisces** Feb. 19-March 20 Your mind is a powerful tool and the way you choose to think determines what kind of experiences come your way. Think only positive thoughts and only positive things will happen. **SALLY BROMPTON**

## Caption contest



WYLLIUM D.

## WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



MARK HUMPHREY / THE ASSOCIATED PRESS

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**MEXICO | Cancun/Riviera Maya via Calgary**  
**Gran Bahia Principe Tulum**  **PRIVILEGES**  
 All-Inclusive • Standard rm. • May 7  
**\$1199**  
 Add taxes & other fees: \$244

**JAMAICA**  
**Gran Bahia Principe Jamaica**  **PRIVILEGES**  
 All-Inclusive • Junior suite • Mar. 3 & 10  
**\$1439**  
 Add taxes & other fees: \$125


**JAMAICA**  
**Hilton Rose Hall Resort & Spa**   
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**\$2129**  
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**CUBA | Varadero via Calgary**  
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**CUBA | Santa Clara via Calgary**  
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 Add taxes & other fees: \$153

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**DOMINICAN REPUBLIC | Punta Cana via Calgary**  
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 Add taxes & other fees: \$153




Iberostar Laguna Azul

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Black.

**\$13,888**



2008

**HYUNDAI SANTA FE**  
EARN 500  
AIR MILES

STK#NC3239A.  
Grey.

**\$23,888**



2007

**HONDA CIVIC**  
EARN 500  
AIR MILES

STK#P9262.

**\$14,888**



2006

**SMART FORTWO**  
EARN 500  
AIR MILES

STK#P9261.

**\$9,888**



2008

**KIA RIO**  
EARN 500  
AIR MILES

STK#CP210.  
Black.

**\$12,888**



2009

**KIA RIO**  
EARN 500  
AIR MILES

STK#EN215.  
Blue.

**\$9,888**



2010

**NISSAN MAXIMA**  
EARN 500  
AIR MILES

STK#EN217.  
Black.

**\$29,888**



2010

**TOYOTA MATRIX**  
EARN 500  
AIR MILES

STK#1TUB475A.

**\$21,888**



2010

**HYUNDAI ELANTRA**  
EARN 500  
AIR MILES

STK#EN216.  
Red.

**\$13,888**



2007

**HONDA CIVIC**  
EARN 500  
AIR MILES

STK#P9257.  
Beige.

**\$14,888**



2009

**PONTIAC G6**  
EARN 500  
AIR MILES

STK#10VC39192A.

**\$17,888**



2009

**HYUNDAI TUCSON**  
EARN 500  
AIR MILES

STK#10EL1805A.  
Grey.

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2010

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EARN 500  
AIR MILES

STK#EN256.  
Black.

**\$33,888**



2010

**DODGE GRAND  
CARAVAN**  
EARN 500  
AIR MILES

STK#EN255.  
Silver.

**\$19,888**



2011

**HYUNDAI SONATA**  
EARN 500  
AIR MILES

STK#EN246.

**\$22,888**



2007

**FORD F-150**  
EARN 500  
AIR MILES

STK#P9247.  
White.

**\$21,888**



2010

**HYUNDAI ACCENT**  
EARN 500  
AIR MILES

STK#NC689A.

**\$15,888**



2010

**KIA SOUL**  
EARN 500  
AIR MILES

STK#10ND4552A.  
White.

**\$19,888**

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